



# Woodbury Family Karate

# Student Handbook





# Woodbury Family Karate

226 Main St. North  
Woodbury, CT 06798  
(203) 232-7147



Welcome,

Thank you for your interest in Woodbury Family Karate. We are pleased to be able to offer the highest quality martial arts training available provided to you by certified Black Belt instructors of the World Tang Soo Do Association.

There are many programs and services available at our martial arts studio. The student handbook you are receiving is an overview of some of the programs that we offer, as well as, some guidelines we have established to make sure that each student is able to maximize the benefits of their training.

Please take some time to review this material. We encourage that you share this information with your family members and friends so that they too are aware of our policies when they visit the studio.

We look forward to helping you to develop a stronger body, a sharper mind and an indomitable spirit through the study of the martial arts. All the Black Belts at our studio started as beginners just like you. They know the benefits that can be achieved through the study of the martial arts. I encourage you to introduce yourself to them and do not hesitate to ask them about the positive changes they have seen while training at our school.

Once again welcome to our school.

Tang Soo!!!!

Mr. John Roumanis V.M.D.  
Sam Dan  
Chief Instructor

Ms. Karin Roumanis  
E Dan  
Instructor



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# SECTION I

## General Information

- Class description
- Schedule
- Student Policies
- Uniform
- Tuition Policy
- Academic Achievement



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## Description of Classes

We pride ourselves on our professional teaching. As such all our classes are supervised by Certified instructors of the World Tang Soo Do Association. This ensures that you receive the highest quality and safest instruction available. We offer a wide variety of classes in traditional and non-traditional martial arts.

### Traditional Youth Beginner Class (Ages 7 – 13)

This class is designed for our beginning students training in the traditional Korean art of Tang Soo Do. This class covers the fundamental techniques of Tang Soo Do. The pace of class is designed to allow the beginning student ample time to learn the basic techniques prior to moving to the advanced class.

### Traditional Youth Advanced Class (Ages 7-13)

This class is designed for the students who have graduated from the beginner's class and are now ready to continue their training to Black Belt. This is a more serious, faster paced class than the beginner's class. Students will cover advanced level technique and begin training with the staff.

### Traditional Adult Class (Ages 13 and Up)

This is our traditional class for all students above the age of 13. Do not let the age requirement deceive you. Students are expected to work hard and act like adults at all times. This is a class for serious study in the martial arts; it is conducted at a much higher level of intensity than the Youth Classes. The number one requirement is a positive attitude toward self-improvement.

### Tiny Tigers & Little Dragons Class (Ages 4-6)

This class is designed for our youngest students who want to learn martial arts. Emphasis is on listening, learning, gross motor skills and having fun. Upon graduation from this class, students move into our traditional youth class.

### Warrior's Path Review Sessions

This is a special review class for *Warrior's Path Silk & Steel* alumni who have previously attended Masters Kaye & Homscheck's Warrior's Path Seminars either in New England or Pittsburgh.



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## Schedule of Classes

Class	Day	Time
Youth Advanced <sup>1</sup>	Tuesday & Thursday	5:30 – 6:20 PM
Youth Beginner <sup>2</sup>	Tuesday & Thursday	6:30 – 7:20 PM
Adult	Tuesday & Thursday	7:30 – 8:30 PM
Tiny Tigers & Little Dragons	Wednesday	5:30 – 6:10 PM
Warrior's Path Review	The night before Scheduled Region 9 Events	7:30 – 9:30 PM

### Notes

- |   |                |                      |
|---|----------------|----------------------|
| 1 | Youth Advanced | Green Belts & Above  |
| 2 | Youth Beginner | White & Orange Belts |

Instructors: John Roumanis, 3<sup>rd</sup> degree black belt  
Karin Roumanis, 2<sup>nd</sup> degree black belt



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## Student Policies

The policies and procedures listed below are offered as a general guideline to the students and parents. These policies have been designed to ensure a safe and productive training environment for ALL students.

### Studio Open

The studio will be open 15 minutes prior to the beginning of classes for the day. Do not show up more than 15 minutes before the start of class.

### Changing Room

Students are encouraged to come to class in their uniform. If this is not possible, the bathroom may be used by students to change into their uniforms before class, and into their street clothes after class.

The bathroom is not supervised. If your child is unable to change on his/her own then please accompany them to the bathroom or have your child change at home.

The instructors are not responsible for articles left in the bathroom. Please be sure all your valuables are kept in your gym bag and brought onto the floor with you.

### Observation Area

The observation areas are offered as a convenience to parents and guests of students. **While class is going on this area needs to be kept quiet.** Loud talking and disruptive sounds are distracting to the instructors and students.

**The parent or legal guardian must supervise children not actively taking class. Younger siblings who are in the observation area MUST be closely monitored by their parent or guardian AT ALL TIMES and under no circumstance should they be left in the studio unattended.**

Guests are to remain in the observation area at all times.

Parents may enter the training floor only with the permission of the class instructor. Parents should not distract their child while training.



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## Injuries & Medical Problems

Students who are injured outside of class or who have a medical problem that was not stated on the application form must notify the class instructor prior to the start of class. Parents of minor students must take responsibility to do this. Do not ask your child to relay this information. If you are not able to come into class please provide a written explanation of the injury and/or medical condition and what limits should be placed on your child's activity. If the child's doctor has provided a note describing the injury and limitations imposed, please provide a copy of this to the instructor.

If you are sick or currently in an infectious state with an ailment **Do not come to class.**

## Student Readiness

Students should be in their uniform with belt properly tied prior to coming on the floor. If a student forgets their belt and/or uniform they may train in street clothes however they must take the most junior position in class (regardless of rank).

Students should come to class prepared to train. Sparring equipment (see sparring rules) & training weapons should be on the floor when class starts.

## Long Hair

Students with long hair (shoulder length or more) should pull their hair back in a pony-tail while taking class. Hair clips and other hard retaining devices are potentially dangerous to students during training and **must be avoided**.

## Fingernails & Toenails

Fingernails and toenails should be neatly trimmed. This is a safety requirement meant to protect all students.

## Jewelry

All jewelry must be removed prior to taking class. This includes: earrings, nose-rings, belly-rings, toe-rings, watches (instructors may wear a watch), bracelets, anklets, necklaces, rings, etc... Jewelry is a potential hazard to yourself and other students. Students who have religious objections to removing certain jewelry will be excused from this rule; however, they may also be excluded from certain activities.

Students who have recently had their ears pierced and are unable to remove the jewelry may be excluded from certain activities.

## Nutrition & Hydration

Students should eat properly and drink plenty of water prior to coming to class. Exercising without eating and hydrating properly is dangerous. Plan your diet to match your training.



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## Student Uniforms

Your uniform is the first piece of training equipment you receive it is also one of the most important. Our Tang Soo Do uniform can be traced back to 600 A.D. Students should take pride in wearing their uniforms and belt. Please keep the following guidelines in mind when caring for your uniform.

### **Cleanliness**

"Cleanliness is required in your training, keep yourself and your surrounding clean." – WTSDA Attitude Requirement #14. Students should come to class clean with a clean/washed uniform. Student uniforms should be washed after every class.

### **Safety Pins & Straight Pins**

Under no circumstance should safety pins or straight pins be worn on a uniform while the student is taking class. Parents and students should take the opportunity to hem the sleeves and cuffs of uniforms. Wearing safety pins or straight pins in a uniform is dangerous to the student and those around them. Under no circumstance should a student train with these items in their uniform.

### **Belts**

Our belts are used to hold our uniforms together and to signify to instructors and other students are level of achievement. All new students are considered White belts. When caring for your uniform special care should be taken to ensure that your belt is treated with respect. Your belt should not touch the ground unless it is wrapped and tied around your waist. It is disrespectful to throw your belt on the ground. Do not machine wash your belts. Generally belts are not washed. If you feel the need to wash your belt it should be hand washed in cold water and let to air dry. Do not machine dry your belt. Washing and drying your belt will usually result in the belt shrinking.

### **Transporting your uniform**

When entering and leaving the studio or other martial arts event it is proper to neatly fold your uniform using the method prescribed in the World Tang Soo Do Association Student Manual. Please see an instructor or senior student if you need help learning the proper method for folding your uniform.

Uniforms should never be crumpled up and stuffed into a gym bag. If the proper method of folding is used your uniform will be neatly pressed when you put it on for class.



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## Location of Patches for World Tang Soo Do Association Dobahk





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## How To Tie Your Belt

1. Grasp the center of the belt with both hands.
2. Place the center on your abdomen and carry the belt around your waist by moving the belt ends to the small of your back.

### Steps 1-2



3. Switch the belt ends left to right hand and vice versa. Do not twist the belt.
4. Slide your hands along the belt as you move the ends directly in front of you.
5. First pull the right side across the front of your body; then cross the left end over the center of the belt.

### Steps 3-5



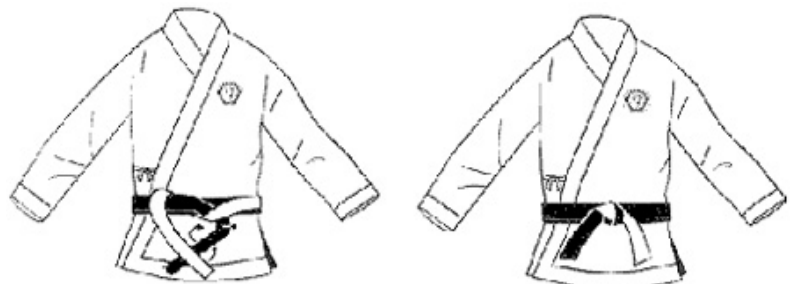
6. Bring the new right end (the side on top) up under both layers of belt.

### Step 6



7. Tie a square knot, folding the right side over top and pulling the end through. Both ends should hang equally.

### Step 7





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A student must be aware of the proper way of folding, carrying and storing their do bohk.

1. Place jacket flat on back, fold sleeves inwards at seam towards center. Fold pants in half. Center on jacket with tie strings even with bottom of jacket.



2. Fold right and left sides of jacket inward to meet at center (covering pants): then fold the do bohk in half, lengthwise.



3. Fold the do bohk in half



4. Fold the belt evenly in half, wrap around do bohk, and tie with an overhand knot.





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## Tuition Payment Policy

- 1) Tuition payments are due on the 1<sup>st</sup> of the month.
- 2) There is a 1 week grace period for late payment. After this grace period a late fee of \$10 will be applied.
- 3) Students will not be permitted to train if their tuition is more than 1 month delinquent.
- 4) If a student's tuition is not current they will be denied the privilege of:
  - Testing
  - Attending Tournaments
  - Attending Clinics
  - Purchasing Studio Merchandise
- 5) Students who miss **ALL** classes (0 attendance) during a month will be considered inactive. The student will not be charged for that month and their membership will be frozen. Prior to returning to classes the student must pay all past due tuition and late fees.

Student Name \_\_\_\_\_(please print)

Tuition Amount \_\_\_\_\_ per month

I understand the above payment policy and agree to its terms.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature  
(if student is a minor)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Name  
(please print)



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## Academic Development & Report Cards

The World Tang Soo Do Association and Woodbury Family Karate put tremendous importance on the student developing their mind as well as their body. Students who achieve honor roll (all A's and B's) on their report cards will receive a certificate of achievement. In addition students, who are full time college students are eligible to apply to the WTSDA's scholarship program. If you are interested in the scholarship program please ask for an application or download one from our regional web site "[www.tsdregion9.com](http://www.tsdregion9.com)", then click on "[Event Applications & Brochures](#)".

All students are required to bring copies of their report cards to the studio for our review regardless of the grades they have received. Students who do not achieve honor roll will be encouraged to work harder to develop their academic skills and set goals for personal excellence in all areas of their life.

Training in Tang Soo Do will help students set and achieve their goals. One of our goals is for all our students to continually grow stronger physically, mentally and spiritually. Our scholarship and report card programs are just two of the many tools we use to help motivate our students to a higher level of achievement.



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# SECTION II

## Training, Sparring & Testing

- Introduction
- Sparring Rules
- Promotional Testing
- Equipment List





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Congratulations!!!

By joining our studio you have just taken the first step to becoming a Black Belt!

At our school you will be learning the traditional Korean martial art of Tang Soo Do, an art with a 2000 year heritage. Our studio is a proud member of the World Tang Soo Do Association. By training here you are joining with other students who practice this traditional art all over the world!

Our classes are designed to be fun and informative. Our instructors are not only trained in the art of Tang Soo Do they are also trained in how to teach that art to you. If you have questions or you need help, we strongly encourage you to ask us for assistance. Unlike other team sports you are directly in control of how well you do. Your success in the martial arts follows a very simple equation; the more you train the more you will learn. We hope that you take advantage of all the classes and resources that we have available.

We see every student that comes to us as a potential Black Belt. With constant and regular practice you too can achieve this goal. Remember anything worth having is worth working for; Black Belt requires dedication and effort. In addition to training at least twice a week in class; we strongly encourage you to establish a time when you can practice at home at least 15-20 minutes everyday. Simply stated - the more you practice the better you become.

Our martial art is designed to strengthen your mind, your body and your spirit. We look forward to helping you achieve your goals and we welcome you into our Tang Soo Do family.

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## SPARRING RULES

These rules will be observed at all times in the studio.

- 1) Sparring in class will be non-contact, usually without protective gear. At times we may ask students to bring their foam protective gear to class to practice tournament sparring. Typically this might be done during the month before an upcoming tournament. The studio will supply your first mouthpiece at no charge. Additional mouthpieces may be purchased at the proshop counter. Groin cups can be purchased from the studio or other local sporting goods store.

Blue Belts and Black Belts **must** have their own sparring gear. Students who will be attending tournaments **should** have their own sparring gear. The studio does not require students below the rank of Blue Belt to have their own sparring gear, however we do strongly encourage students to have their own equipment.

- 2) Self-control and a positive attitude will be maintained at all times.
- 3) Free sparring is only allowed under the direct supervision of a certified instructor.



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## Training Equipment

Our students utilize the following equipment during their Tang Soo Do training. The table below lists the equipment, the suggested rank at which the student should have the equipment and whether or not it is required for each student to purchase this equipment. If you have questions regarding this list please do not hesitate to ask.

Type of Equipment	Rank at which it is Required	Mandatory Purchase	Notes
Uniform	White Belt	Yes	Not mandatory until it is time to test for your orange belt
Mouthpiece	White Belt	Yes	The studio will furnish the students first mouthpiece. <i>(Please see the section on sparring rules)</i>
Groin Cup	White Belt	Yes	Male students are required to have their own groin cups for tournaments. <i>(Please see the section on sparring rules)</i>
Head Gear	Orange Belt	No	It is strongly recommended that each student purchase his or her own headgear. <i>(Please see the section on sparring rules)</i>
Staff	Green Belt	Yes	Students begin working with staff at this rank and will need a staff for in class and at home practice
Foot Gear Hand Gear	Brown Belt	No	It is strongly recommended that each student purchase their own hand and foot gear. <i>(Please see the section on sparring rules)</i>
Wooden or Rubber Dagger	Red Belt with stripe	Yes	Students begin working on defense against knife at this rank and will need a practice dagger for in class and at home practice